

## ABSTRACT

The present invention relates to an anti-allergic agent, an anti-allergic food additive and an anti-allergic food each containing both ground lotus and/or extract and a lactic acid bacterium. The anti-allergic agent, anti-allergic food additive and anti-allergic food each contain both ground lotus and/or extract and a lactic acid bacterium as the active ingredients thereby enabling amelioration and treatment of allergic diseases including pollinosis, bronchial asthma and atopic dermatitis.